



GOVERNMENT OF ANDHRA PRADESH

ABSTRACT

Department for Women, Children, Disabled & Senior Citizens – Supplementary Nutrition Programme (SNP) under Integrated Child Development Service (ICDS) Scheme – “Special care and Supervised feeding” of children upto 5 years categorized under Severely Underweight (SUW)/ Severe Acute Malnutrition (SAM)/ Moderate Acute Malnutrition (MAM) – Guidelines – Issued

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DEPARTMENT FOR WOMEN, CHILDREN, DISABLED & SENIOR CITIZENS.

G.O.Ms.No.15.

Dt.28<sup>th</sup> February, 2014.

Read the following:

1. G.O.Ms.No.14, Dept. for WCD&SCs Dt:28.02.2014.
2. From Commissioner, WD&CW, Hyderabad, A.P. Lr.No.2754/J1/2013, Dt:22.02.2014.

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ORDER:

I. In order to focus on children upto 5 years who are categorized under Severely Underweight (SUW) / Severe Acute Malnutrition (SAM) / Moderate Acute Malnutrition (MAM) and in continuation of the orders issued in the reference 1<sup>st</sup> read above and based on the draft guidelines furnished by the Commissioner, WD & CW, Hyderabad in the reference 2<sup>nd</sup> read above, the following guidelines are issued for “Special care and Supervised feeding” of SUW/SAM/MAM children upto 5 years.

- i) All children upto 5 years of age in the Anganwadi Centre (AWC) area will be weighed by the Anganwadi Worker (AWW) on Nutrition Health Days (NHDs) preferably on NHD-1 and will also be examined for nutritional oedema (bilateral pitting oedema or pitting oedema of both feet).
- ii) All children upto 5 years will be categorized as Severely Underweight (SUW)/Moderately Underweight (MUW)/ Normal based on “weight for age” criteria. Therefore, the AWW will plot the weight for each child separately in the growth monitoring register and each child has to be categorized as Normal (green zone), Moderately Underweight (yellow zone) or Severely Underweight (red zone). [The AWW/ANM will also plot the graphs in the Mother and Child Protection (MCP) cards issued to the mothers].
- iii) All children upto 5 years of age will also be categorized as SAM/MAM in the following manner.
  - *All children below 6 months who are SUW are automatically SAM too.*
  - *All children upto 5 years who have nutritional oedema (bilateral pitting oedema) are automatically SAM too.*
  - *Children upto 5 years who are SUW and MUW can be categorized under SAM/MAM using “weight for height” criteria. Thus, if for a particular height the weight of the child is low/too low as per the Reference Card at Annexure-I, the child is categorized under MAM/SAM. Necessary arrangements will be made at the AWC to measure height of the children.*
  - *Children upto 5 years who are SUW and MUW can be categorized under SAM/MAM using the Mid Upper Arm Circumference (MUAC) tape too. If the Mid Upper Arm Circumference (MUAC) of a child is less than 11.5 cm, the child is identified as a SAM child and if the MUAC is between 11.5 and 12.5 cm, then the child is identified as a MAM child. However, with MUAC tape methodology some SAM/MAM children may not get identified. Hence, it is better to use the “weight for height” criteria for identification of SAM/MAM children.*

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- iv) All children upto 6 months categorized as SUW (automatically SAM too) will be examined by Medical Officer (PHC) [MO(PHC)] and will compulsorily be referred to the Nutrition Rehabilitation Centre (NRC). In the meanwhile, the mother of such a child will be encouraged to continue exclusive breastfeeding.
- v) All children upto 5 years who have nutritional oedema (bilateral pitting oedema) (automatically SAM too) will be examined by MO(PHC) and will compulsorily be referred to the NRC. In the meanwhile, supervised feeding will be provided for the child as explained hereunder.
- vi) All SUW/SAM/MAM children from 7 months to 5 years will be enrolled for supervised feeding which will be undertaken in the following manner.
- *Mothers of SUW/SAM/MAM children will be encouraged to follow the “Model Menu” suggested at Annexure-II appended to this G.O. However, local/appropriate variations may be made to the “Model Menu” by the mothers depending on age of the child and food available for the family. The “Model Menu” is suggested separately for 7 months – 3 years children and for the 3-6 years children. The “Model Menu” is designed to ensure 2-hourly feeding with calorie – dense food items.*
  - *The “Model Menu” is based on the regular Supplementary Nutrition Programme (SNP) and the additional supplementation provided under ICDS as per G.O. 1<sup>st</sup> read above. Certain feeds of the “Model Menu” as indicated at Annexure-II will be given to the SUW/SAM/MAM children at the AWC under supervision of the AWW/AWH. Thus, 3 feeds will be given at AWC for 7 months – 3 years children and 5 feeds will be given at AWC for 3-6 years old. Therefore, the mothers/care-givers will be asked to bring the SUW/SAM/MAM children below 2-3 years to the AWC for the feeds, while such children above 2-3 years may be enrolled at AWC as part of Pre-school. The remaining feeds at home will also be supervised by the AWW/AWH. Wherever present, the Nutrition Counsellor /Link Worker will also help in the supervised feeding.*
  - *Once the feeds are initiated for the SUW/SAM/MAM children at the AWC, the growth of all such children will be closely monitored once in a week. Most children will improve after one month and stabilize within 3 months. However, to avoid growth faltering, supervised feeding will be continued for 6 months.*
- vii) Once identified, all SUW/SAM/MAM children, will be examined by the MO(PHC) who may prescribe medicines along with the supervised feeding. These medicines may address deworming and include vitamin/ iron/ calcium supplementation. Antibiotics may also be prescribed by the MO(PHC), if required, based on the medical condition diagnosed. Such medicines will be provided free of cost by the MO(PHC). The MO(PHC) will also examine such children for illnesses/medical complications and dispense medicines and advise referral, if necessary. The MO(PHC) will also advise whether a SUW/SAM/MAM child has to be referred to the NRC or not.
- viii) Children who do not gain any weight after 2-3 weeks of supervised feeding and prescribed medicines or do not make satisfactory progress during any stage of supervised feeding will have to be reassessed by the MO(PHC) and may have to be referred to the NRC. On return from the NRC, children may be enrolled for supervised feeding for follow up, if necessary.
- ix) Children categorized as SUW/SAM/MAM need greater stimulation and warmth than others. Hence, AWW must actively interact with such children with toys/play material/story telling/ conversation etc.

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x) The mothers of all SUW/SAM/MAM children will be advised by the AWW/Nutrition Counsellor/Link Worker as follows.

- *To exclusively breastfeed, if the child is below 6 months of age and to take SNP either in the form of Indiramma Amrutha Hastham (IAH) or Take Home Ration (THR).*
- *To continue breastfeeding, if the child is below 2 years of age and even if the child is ill.*
- *To follow the "Model Menu" if the child is more than 6 months old, and to enroll the child for supervised feeding at the AWC and at home.*
- *To administer Vitamins, IFA, Calcium and other nutritional supplementation and deworming medicines as prescribed by the MO(PHC). (Note: Antibiotics will be administered only when specifically indicated and prescribed by the MO(PHC) based on the diagnosis in an individual case).*
- *To ensure immunization as per the prescribed schedule.*
- *To use safe drinking water and follow desired hygiene behaviour particularly of washing hands before feeding the child.*
- *To interact actively with the child with toys/play material/story telling/conversation etc. and to keep the child warm, if necessary.*
- *To monitor growth of the child by checking weight once in a week.*

II. The Supervisors will ensure that all SUW/SAM/MAM children in their jurisdiction are systematically identified. The lists of such children will be displayed in each AWC along with details of follow up action and the progress in growth. The Supervisors will also ensure that such lists are shared with the concerned ANM and MO (PHC).

III. The ANMs and MOs(PHC) will help identify SUW/SAM/MAM children, assess their progress and MOs(PHC) will prescribe medicines, examine for medical complications and advise referral, if necessary.

IV. The CDPOs/PDs/RJDs will support and closely monitor the "Special care and Supervised feeding" of such children at the AWCs and at their homes.

V. The Commissioner, Women Development & Child Welfare, Hyderabad will ensure effective implementation, undertake training, capacity building and name based monitoring for the "Special care and Supervised feeding" of SUW/SAM/MAM children. The Commissioner will also get evaluation studies carried out by independent agencies.

VI. These guidelines are issued in concurrence with the Department for Health and Family Welfare.

(BY ORDER AND IN THE NAME OF THE GOVERNOR OF ANDHRA PRADESH)

NILAM SAWHNEY  
PRINCIPAL SECRETARY TO GOVERNMENT.

To

The Commissioner, Women Development & Child Welfare Department, Hyderabad,  
All District Collectors in the State,  
All Regional Joint Directors of Women Development & Child Welfare in the State,  
All Project Directors of Women Development & Child Welfare in the State,  
All CDPOs of Women Development & Child Welfare in the State,  
The Managing Director, A.P Foods, Hyderabad.

Copy to:

PS to Prl.Secy to Government, WCD&SCs Dept.,  
PS to Prl.Secy to Government, Rural Development,  
PS to Prl.Secy to Government, Health Medical and Family Welfare,  
Commissioner, Health & Family Welfare,  
CEO, SERP, A.P, Hyderabad,  
SC/SF.

// FORWARDED BY ORDER //

SECTION OFFICER

ANNEXURE-I

G.O.Ms.No.15, Dept. for WCD&SC, Dt.28.02.2014.

Identifying SAM/MAM Children  
“Weight-for-Height” Reference Card (height below 87 cm)

Boys				Girls			
Height (cm)	Median weight (kg)	MAM if weight less than (kg)	SAM if weight less than (kg)	Height (cm)	Median weight (kg)	MAM if weight less than (kg)	SAM if weight less than (kg)
1	2	3	4	5	6	7	8
45	2.4	2	1.9	45	2.5	2.1	1.9
46	2.6	2.2	2	46	2.6	2.2	2
47	2.8	2.3	2.1	47	2.8	2.4	2.2
48	2.9	2.5	2.3	48	3	2.5	2.3
49	3.1	2.6	2.4	49	3.2	2.6	2.4
50	3.3	2.8	2.6	50	3.4	2.8	2.6
51	3.5	3	2.7	51	3.6	3	2.8
52	3.8	3.2	2.9	52	3.8	3.2	2.9
53	4	3.4	3.1	53	4	3.4	3.1
54	4.3	3.6	3.3	54	4.3	3.6	3.3
55	4.5	3.8	3.6	55	4.5	3.8	3.5
56	4.8	4.1	3.8	56	4.8	4	3.7
57	5.1	4.3	4	57	5.1	4.3	3.9
58	5.4	4.6	4.3	58	5.4	4.5	4.1
59	5.7	4.8	4.5	59	5.6	4.7	4.3
60	6	5.1	4.7	60	5.9	4.9	4.5
61	6.3	5.3	4.9	61	6.1	5.1	4.7
62	6.5	5.6	5.1	62	6.4	5.3	4.9
63	6.8	5.8	5.3	63	6.6	5.5	5.1
64	7	6	5.5	64	6.9	5.7	5.3
65	7.3	6.2	5.7	65	7.1	5.9	5.5
66	7.5	6.4	5.9	66	7.3	6.1	5.6
67	7.7	6.6	6.1	67	7.5	6.3	5.8
68	8	6.8	6.3	68	7.7	6.5	6
69	8.2	7	6.5	69	8	6.7	6.1
70	8.4	7.2	6.6	70	8.2	6.9	6.3
71	8.6	7.4	6.8	71	8.4	7	6.5
72	8.9	7.6	7	72	8.6	7.2	6.6
73	9.1	7.7	7.2	73	8.8	7.4	6.8
74	9.3	7.9	7.3	74	9	7.5	6.9
75	9.5	8.1	7.5	75	9.1	7.7	7.1
76	9.7	8.3	7.6	76	9.3	7.8	7.2
77	9.9	8.4	7.8	77	9.5	8	7.4
78	10.1	8.6	7.9	78	9.7	8.2	7.5
79	10.3	8.7	8.1	79	9.9	8.3	7.7
80	10.4	8.9	8.2	80	10.1	8.5	7.8
81	10.5	9.1	8.4	81	10.3	8.7	8
82	10.8	9.2	8.5	82	10.5	8.8	8.1
83	11	9.4	8.7	83	10.7	9	8.3
84	11.3	9.6	8.9	84	11	9.2	8.5
85	11.5	9.8	9.1	85	11.2	9.4	8.7
86	11.7	10	9.3	86	11.5	9.7	8.9

(Contd....)

Identifying SAM/MAM Children  
“Weight-for-Height” Reference Card (height above 87 cm)

Boys				Girls			
Height (cm)	Median weight (kg)	MAM if weight less than (kg)	SAM if weight less than (kg)	Height (cm)	Median weight (kg)	MAM if weight less than (kg)	SAM if weight less than (kg)
1	2	3	4	8	5	6	7
87	12.2	10.4	9.6	87	11.9	10	9.2
88	12.4	10.6	9.8	88	12.1	10.2	9.4
89	12.6	10.8	10	89	12.4	10.4	9.6
90	12.9	11	10.2	90	12.6	10.6	9.8
91	13.1	11.2	10.4	91	12.9	10.9	10
92	13.4	11.4	10.6	92	13.1	11.1	10.2
93	13.6	11.6	10.8	93	13.4	11.3	10.4
94	13.8	11.8	11	94	13.6	11.5	10.6
95	14.1	12	11.1	95	13.9	11.7	10.8
96	14.3	12.2	11.3	96	14.1	11.9	10.9
97	14.6	12.4	11.5	97	14.4	12.1	11.1
98	14.8	12.6	11.7	98	14.7	12.3	11.3
99	15.1	12.9	11.9	99	14.9	12.5	11.5
100	15.4	13.1	12.1	100	15.2	12.8	11.7
101	15.6	13.3	12.3	101	15.5	13	12
102	15.9	13.6	12.5	102	15.8	13.3	12.2
103	16.2	13.8	12.8	103	16.1	13.5	12.4
104	16.5	14	13	104	16.4	13.8	12.6
105	16.8	14.3	13.2	105	16.8	14	12.9
106	17.2	14.5	13.4	106	17.1	14.3	13.1
107	17.5	14.8	13.7	107	17.5	14.6	13.4
108	17.8	15.1	13.9	108	17.8	14.9	13.7
109	18.2	15.3	14.1	109	18.2	15.2	13.9
110	18.5	15.6	14.4	110	18.6	15.5	14.2
111	18.9	15.9	14.6	111	19	15.8	14.5
112	19.2	16.2	14.9	112	19.4	16.2	14.8
113	19.6	16.5	15.2	113	19.8	16.5	15.1
114	20	16.8	15.4	114	20.2	16.8	15.4
115	20.4	17.1	15.7	115	20.7	17.2	15.7
116	20.8	17.4	16	116	21.1	17.5	16
117	21.2	17.7	16.2	117	21.5	17.8	16.3
118	21.6	18	16.5	118	22	18.2	16.6
119	22	18.3	16.8	119	22.4	18.5	16.9
120	22.4	18.6	17.1	120	22.8	18.9	17.3

NILAM SAWHNEY  
PRINCIPAL SECRETARY TO GOVERNMENT.

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SECTION OFFICER

ANNEXURE-II

G.O.Ms.No.15, Dept. for WCD&SC, Dt.28.02.2014.

I. Model Menu for SUW/ SAM/ MAM Children of 7months - 3 years

Sl. No.	Feeding Time	Item	Venue for feeding	Quantity per day	Tentative cost (Rs. per day)	Nutritive Value		
						Energy (Kcal)	Protein (g)	Calcium (mg)
1	7:30 am	Balamrutham	Home	50g	2.29	207.00	5.50	183.50
2	9:30 am	Egg	AWC	50g	3.50	86.50	6.65	30.00
3	11:30 am	Milk	AWC	100 ml	3.20	117.00	4.30	210.00
4	12:15-1:00 pm	Mini Meal + Extra Oil (5g)*	AWC	65g	1.66	236.12	4.81	13.40
5	3:30 pm	Mashed Veg./Fruit	Home	50g	by family	52.50	1.80	16.06
6	5:30 pm	Balamrutham	Home	50g	2.29	207.00	5.50	183.50
7	7:30 pm	Meal at home + Extra Oil /Ghee (5g)	Home	65g	by family	236.12	4.81	13.40
8	Demand feeding	Breast Milk		600ml		402.00	6.60	168.00
		Transport			0.10			
		Fuel			0.20			
		Total			13.24	1544.24	39.97	817.86

Sl. No	Details of Mini Meal +Extra Oil (5g)*			Nutritive Value		
	Item	Quantity per day (g)	Tentative cost (Rs. per day)	Energy (Kcal)	Protein (g)	Calcium (mg)
A	Mini Meal					
1	Rice	37.5	0.15	129.39	2.55	3.75
2	Dal	7.5	0.53	26.10	1.81	5.63
3	Vegetables	12.5	0.35	13.13	0.45	4.02
4	Oil	2.5	0.17	22.50		
5	Condiments		0.13			
B	Extra Oil	5	0.33	45.00		
	Total	65	1.66	236.12	4.81	13.40

(Contd....)

II. Model Menu for SUW/ SAM/ MAM Children of 3-6 years

Sl. No.	Feeding Time	Item	Venue for feeding	Quantity per day	Tentative cost (Rs. per day)	Nutritive Value		
						Energy (Kcal)	Protein (g)	Calcium (mg)
1	7:30 am	Tiffin + Extra Oil/Ghee (5g)	Home	100 g	by family	325.00	7.00	20.00
2	9:30 am	Egg	AWC	50g	3.50	86.50	6.65	30.00
3	11:30 am	Milk	AWC	100 ml	3.20	117.00	4.30	210.00
4	12:15-1:00 pm	Meal + Extra oil (5g)*	AWC	125g	2.96	427.23	9.63	26.78
5	3:00 pm	Snack	AWC	15-20g	0.83	80.00	2.40	3.40
6	4:00 pm	Balamrutham (made into Laddoo /Java)	AWC	50g	2.29	207.00	5.50	183.50
7	5:30 pm	Fruit + Snack	Home	50g	by family	200.00	3.00	20.00
8	7:30 pm	Meal + Extra Oil/Ghee (5g)	Home	125g	by family	427.23	9.63	26.78
		Transport			0.10			
		Fuel			0.20			
		Total			13.08	1869.96	48.11	520.46

Sl. No	Details of Meal + Extra Oil (5g)*			Nutritive Value		
	Item	Quantity per day (g)	Tentative cost (Rs. per day)	Energy (K cal)	Protein (g)	Calcium (mg)
A	Meal					
1	Rice	75	0.30	258.78	5.10	7.50
2	Dal	15	1.05	52.20	3.63	11.25
3	Vegetables	25	0.70	26.25	0.90	8.03
4	Oil	5	0.33	45.00	0.00	0.00
5	Condiments		0.25			
B	Extra Oil	5	0.33	45.00	0.00	0.00
	Total	125	2.96	427.23	9.63	26.78

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